

Section 1:

#1 "Hidden beneath the addictive waves of savoury and sweet foods glistening with sugar, and mouth-watering fast food meals packed with excessive fats and carbohydrates, is the merciless monster of junk foods, gradually plaguing the halls of our history and ensnaring the future of our schools within its callous clasp."

Strengths:

- Your use of vivid imagery creates a powerful metaphor that engages the reader's imagination.
- The personification of junk food as a "merciless monster" effectively communicates the severity of the issue.

Weaknesses: Metaphorical inconsistency → Your metaphor shifts from "waves" to "monster" to "clasp," creating a somewhat disjointed visual. The phrase "plaguing the halls of our history" is unclear in meaning and doesn't connect logically with schools.

Exemplar: *Hidden beneath the tempting disguise of savoury treats and sweet indulgences lies the true monster of junk food, silently ensnaring our school corridors and threatening our children's future with its harmful effects.*

#2 "The effects of unregulated sleeping patterns can stretch across almost every system in the body, its vast range of health complications reaching into each region like the branches of a tree."

Strengths:

- Your simile comparing health complications to tree branches effectively illustrates how widespread the effects can be.
- Your writing connects physical and emotional impacts, showing comprehensive understanding.

Weaknesses: Logical progression → This sentence appears abruptly after discussing emotional impacts, without a smooth transition between topics. The comparison needs further development to fully explain the significance of how these effects "stretch" through body systems.

Exemplar: *Just as a tree's branches extend in all directions, the harmful effects of poor sleep patterns spread throughout the entire body, affecting not only emotional wellbeing but also vital physical systems from immune function to growth.*

#3 "Each child begs to the merciless creature of their distorted sleeping schedules, awaiting for a savior never to come."

Strengths:

- Your emotive language creates a sense of urgency and importance.
- The personification of sleep schedules as a "merciless creature" emphasises the harmful nature of the problem.

Weaknesses: Grammatical precision → The phrase "begs to the merciless creature" contains incorrect preposition usage, and "awaiting for" is redundant. The sentence structure creates a passive portrayal of children rather than showing how proper intervention could help.

Exemplar: *Each child struggles against the merciless grip of their chaotic sleep patterns, desperately needing our intervention before the damage becomes permanent.*

Your persuasive writing shows excellent potential with its colourful imagery and emotional appeals. However, you need to organise your arguments more clearly. Try to create a clearer beginning, middle and end to your paragraphs. Start with a clear statement about your position, then provide your evidence, and finish with a strong concluding sentence. Your metaphors, whilst creative, sometimes become too complicated and lose their impact. Keep them simple and consistent throughout each paragraph. Also, consider your audience more carefully. Primary school readers might find some of your language confusing. Try using shorter sentences alongside your longer ones to help your readers follow your ideas more easily. When presenting facts, explain them more clearly by telling readers why they matter. For example, don't just say that poor sleep affects health—explain exactly how it makes children feel tired and unable to learn properly.

Overall Score: 43/50

Section 2:

Transformation Exercise: Take a simple argument and develop it through three levels of sophistication using the PRISM approach. Argument: 'Should junk food be banned from schools?'
Basic Approach: Absence of junk food within schools can significantly impact the physical and mental health of students positively, encouraging an overall healthier and better environment for both teachers and students to learn and grow.

Enhanced Approach: The availability of junk food in schools continues to raise serious concerns about pupils' physical and mental health. Studies indicate that junk food's high levels of energy content and amounts of fats, sugars, sodium, and chemical additives correlates with a 30-60% increase in the likelihood of obesity and chronic disorders such as type 2 diabetes, high blood sugar, and additional heart-related health problems that can be detrimental towards adolescent bodily development.

Advanced Synthesis: ~~#1 Hidden beneath the addictive waves of savoury and sweet foods glistening with sugar, and mouth-watering fast food meals packed with excessive fats and carbohydrates, is the merciless monster of junk foods, gradually plaguing the halls of our history and ensnaring the future of our schools within its callous clasp.~~ [Hidden beneath the addictive waves of savoury and sweet foods glistening with sugar, and mouth-watering fast food meals packed with excessive fats and carbohydrates, is the merciless monster of junk foods, gradually infiltrating our school environments and threatening our children's future with its harmful effects.] Research conducted by the Journal of School Health concluded that children who consumed junk food regularly at school had a 50% higher likelihood of developing obesity compared to those who consumed healthier food options. Furthermore, these students were also 20% more likely to experience long-term health issues such as Type 2 diabetes and cardiovascular diseases. Additionally, according to a study published in the American Journal of Public Health, students who consumed junk food on a daily basis were 40% more likely to experience the symptoms of mental disorders such as depression and anxiety. With the ability to diminish this nightmarish prophecy from becoming reality of our future generations still within our grasp, it is our responsibility to reduce the current impact that junk foods currently have on the lives of our children.

Integration Challenge: Combine statistical evidence, emotional appeal, and rhetorical devices in a single coherent paragraph.

Argument: 'Is it better to have a fixed bedtime for children?'

Envision a hellish realm where children are plagued by perpetual sleeplessness and exhaustion, the darkened bags underneath their eyes like bruises, the scars of sleep deprivation and lack of scheduled bedtimes. Each mind becomes a confused miscellany of lost thoughts, the brain unable to function properly without the heavenly empyrean of relaxation and rest. ~~#3 Each child begs to the merciless creature of their distorted sleeping schedules, awaiting for a savior never to come.~~ [Each child struggles against the merciless grip of their distorted sleeping schedules, helplessly awaiting intervention that seems never to come.] The anguished cries of these tortured children continue to reverberate across the halls of our history, raising serious concerns about the impact that a lack of fixed bedtimes can have on our children and the following generations. A study published in JAMA Pediatrics discovered that children who did not have consistent bedtimes were 30% more likely to experience symptoms of depression and anxiety, as well as a 25% higher

risk of attention-related issues, compared to those who had regular sleep schedules. Additionally, inadequate resting times can contribute towards emotional impairment, causing adolescents to be more emotionally sensitive and have a higher likelihood of feeling negative emotions such as frustration, irritation, and annoyance compared to others. Physically, lack of sleep can influence our bodies through constant headaches, stomachaches, and fatigue, even during daytime. It can supplementarily lead to a weakened immune system and overall physical strength, making the body more susceptible to illnesses and diseases if it gets infected. #2 ~~The effects of unregulated sleeping patterns can stretch across almost every system in the body, its vast range of health complications reaching into each region like the branches of a tree.~~ [The effects of unregulated sleeping patterns spread throughout the body like an intricate network, with health complications extending into every vital system from brain function to physical growth.] With the ability to diminish this nightmarish prophecy from becoming reality still in reach, it is our responsibility to start implementing sleeping routines upon our children before it is too late.